

February 2017 PDA (12 & Under)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All PDA schedule change requests must be made via email, no less than 24 hrs before the scheduled class. Each defensive unit (Inf, OF, C) is 2 hrs, that include hitting, defensive skill, and Strength & Conditioning. Each Pitching unit is 2 hrs, that include long toss, velocity development, bullpens, arm care and Strength & Conditioning. Please limit the changing of your PDA classes to 2 per month. Thank you for your cooperation!			1	2	3 VIDEO DAY	4
			4:00 - TESTING 5:00 - TESTING 6:00 - TESTING 7:00 - TESTING 8:00 - TESTING	4:00 - TESTING 5:00 - TESTING 6:00 - TESTING 7:00 - TESTING 8:00 - TESTING	4:00 - PITCHING 5:00 - HITTING 6:00 - PITCHING 7:00 - HITTING 8:00 - PITCHING 9:00 - HITTING	9:00 - 11:00 -
5	6	7	8	9	10	11
9:00 - PITCHING 11:00 - OUTFIELD - CATCHING	4:00 - INFIELD 6:00 - OUTFIELD 8:00 - INFIELD	4:00 - 6:00 - CATCHING 8:00 - OUTFIELD	4:00 - PITCHING 6:00 - 8:00 - PITCHING	4:00 - 6:00 - INFIELD 8:00 -	4:00 - PITCHING 6:00 - 8:00 - PITCHING	9:00 - 11:00 -
12	13	14	15	16	17	18
9:00 - PITCHING 11:00 - OUTFIELD - CATCHING	4:00 - INFIELD 6:00 - OUTFIELD 8:00 - INFIELD	4:00 - 6:00 - CATCHING 8:00 - OUTFIELD	4:00 - PITCHING 6:00 - 8:00 - PITCHING	4:00 - 6:00 - INFIELD 8:00 -	4:00 - PITCHING 6:00 - 8:00 - PITCHING	9:00 - 11:00 -
19	20	21	22	23	24	25
9:00 - PITCHING 11:00 - OUTFIELD - CATCHING	4:00 - INFIELD 6:00 - OUTFIELD 8:00 - INFIELD	4:00 - 6:00 - CATCHING 8:00 - OUTFIELD	4:00 - PITCHING 6:00 - 8:00 - PITCHING	4:00 - 6:00 - INFIELD 8:00 -	4:00 - PITCHING 6:00 - 8:00 - PITCHING	9:00 - 11:00 -
26	27	28	NAME: _____ AGE: _____ EMAIL: _____ PDA email: hitdoctorpda@yahoo.com HD Fax #: (856)354-0818			
9:00 - PITCHING 11:00 - OUTFIELD - CATCHING	4:00 - INFIELD 6:00 - OUTFIELD 8:00 - INFIELD	4:00 - 6:00 - CATCHING 8:00 - OUTFIELD				